

# Yoga Fitness



Improve health and balance through the performance of yoga. Cheryl Gojko teaches the fundamentals of alignment, breathing and flow. Join us at the Pruzin Community Center on Mondays and/or Wednesdays and let your stress go! You may want to bring a water bottle, towel, and a Yoga Mat.

Dress comfortably so you can move freely.

Schedule may change due to weather or other unplanned building closures.

**2019 Fee: 8 weeks either Monday or Wednesday Residents \$40/Non-Residents \$50**  
(You can sign up for both Mondays & Wednesdays Res \$80/NR \$100)

**Min. 6/Max. 20**

**Ages: 18-99+**

Schedule may change due to weather or other unplanned building closures.

**Sign up at least 1 week before each new session begins!**

No Refunds, except for those with a Doctor's excuse, and then only for the portion of remaining classes.

No enrollment after a class has begun, until the next session

## 8 Mondays

**Time: 9:30-10:45am**

**Dates: Session 1:** Jan. 7, 14, 28, Feb. 4, 11, 25, Mar. 4, 11 (off 1/21, 2/18)

**Session 2:** Mar. 25, Apr. 1, 8, 15, 22, 29, May 6, 13

**Session 3:** May 20, June 3, 10, 17, 24, July 1, 8, 15 (off 5/27)

**Session 4:** July 22, 29, Aug. 5, 12, 19, 26, Sept. 9, 16 (off 9/2)

**Session 5:** Sept. 23, 30, Oct. 7, 21, 28, Nov. 4, 18, 25 (off 10/14, 11/11)

## 8 Wednesdays

**Time: 12-1:15pm**

**Dates: Session 1:** Jan. 2, 9, 16, 23, 30, Feb. 6, 13, 20

**Session 2:** Mar. 13, 20, 27, Apr. 3, 10, 17, 24, May 1

**Session 3:** May 8, 15, 22, 29, June 5, 12, 19, 26

**Session 4:** July 3, 10, 17, 24, 31, Aug. 7, 14, 21

**Session 5:** Aug. 28, Sept. 4, 11, 18, 25, Oct. 2, 9, 16

**Session 6:** Oct. 23, 30, Nov. 6, 13, 20, 27, Dec. 4, 11

Yoga: Please make checks payable to Merrillville Parks & Recreation (put Driver's License # on Check)

All classes are held at the Pruzin Community Center, 5750 Tyler Street, Merrillville, IN 46410 (219) 980-5911

Students Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Birthdate: \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_

E-mail: \_\_\_\_\_

Class session & Day enrolling in: \_\_\_\_\_

Cash is always accepted

Credit cards (circle one) Visa MasterCard

Number on card \_\_\_\_\_ Expiration Date \_\_\_\_\_ CRV Number \_\_\_\_\_

(If you have given us an e-mail address you can pay on-line with a Credit Card at:

<https://register1.vermontsystems.com/wbwsc/inmerrillville.wsc/splash.html>

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